

# Exercise Tips with Laura



## Exercise for Heart Health

Thursday, February 27, 4:30 p.m.

## Benefits of Exercise

Wednesday, March 4, 11:00 a.m.

## Importance of Stretching

Thursday, March 26, 4:30 p.m.

**Presenter: Laura Hartman, MS, *Exercise Physiologist,***  
***Sage Physical Therapy & Wellness***



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**Offering fitness, enrichment & social opportunities for ages 50 & older**

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